MAIL TO: ANNIE P. GILMER
VCE-YORK COUNTY
PO BOX 532
YORKTOWN VA 23690-0532

Contact Peninsula Family and Consumer Sciences Agents for questions related to topics such as Management, Housing & Consumer Education, and Family & Child Development

# Planning District 21 Family & Consumer Sciences Agents

Annie P. Gilmer Nutrition & Wellness York County 890-4940

Johanna Hahn Management, Housing & Consumer Education Newport News 591-4838

Doris Heath Family & Child Development James City County 566-1367

Karen Lucas
Management, Housing &
Consumer Education
Hampton
727-1401



#### Virginia Cooperative Extension

Knowledge for the CommonWealth



York County Office 100 County Drive PO Box 532 Yorktown, Virginia 23690-0532 (757) 890-4940 / Fax 890-4033 E-mail: ex199@vt.edu Web Site: www.yorkcounty.gov/vce

### Cholesterol Education Newsletter



Ideas for Reducing Blood Cholesterol

Take Charge of Your Health Today!

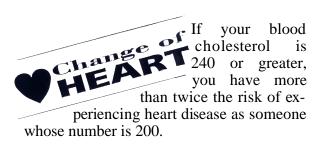


A free learn-at-home nutrition newsletter to decrease your risk of cancer.



Educational service of Virginia Cooperative Extension—Bringing research information to you from Virginia Tech and Virginia State Universities.

FREE Healthful Newsletter Series' from the Virginia Cooperative Extension



Fortunately, high blood cholesterol is one of the major risk factors for heart disease that you can do something about. **The** *Change of Heart* **newsletter** will help you get started.

The *Change of Heart* newsletters will help you learn how to shop, cook, and eat to lower your blood cholesterol.

The newsletter is provided **free of charge** and includes **six issues** mailed to your home. You will receive two issues each month. You will will be asked to complete a pre— and post— survey that will help us evaluate the benefits of this educational newsletter series.

Comments from subscribers who have found the newsletters to be most helpful:

"...This convinces me I must change the way I select foods."

"...As a result of the newsletters I know exactly where I need to make the changes in my diet."

"...well written and very helpful."

Developed by Mary Dodds, M.S., R.D. Nutrition Specialist, University of Nevada Cooperative Extension, in conjunction with the University of Nevada School of Medicine



Cancer is the second leading cause of death in Virginia. It is estimated that as many as 1/3 of all cancers may be prevented by what you eat.

C/O Your Health is a free learn-at-home newsletter series developed by Virginia Cooperative Extension and focuses on encouraging good eating practices to decrease the risk of cancer. Six issues highlight information related to promoters and protectors of cancer; fiber protectors in fruits, vegetables and grains; antioxidants; phytochmicals; and good lifetime eating practices. Each issues features articles on nutrition research facts, health check-ups, family focused activities, and cooking with Pyramid Chef.

All participants will receive a prequestionnaire to evaluate their current nutritional practices before receiving the first newsletter. Six issues will be mailed to your home. You will receive two issues each month.



Eat the 5-A-Day Way!





#### **Provided by:**

Virginia Cooperative Extension York County Office 100 County Drive P. O. Box 532 Yorktown, Virginia 23690-0532

(757) 890-4940 / Fax: 890-4033

E-Mail: ex199@vt.edu

Local Web: www.yorkcounty.gov/vce VCE Site: www.offices.ext.vt.edu/york

If you have questions or are interested in other nutrition and health resources, contact your local Virginia Cooperative Extension office. Family and Consumer Sciences agents offer a variety of educational programs related to family life, personal finances, nutrition, and food safety.

**"VA Cooperative Extension programs and** employment are open to all, regardless of race, color, religion, sex, age, veteran status, national origin, disability, or political affiliation. An equal opportunity/ affirmative action employer.

## Take charge of your health today!

Complete and mail the form below to get your free issues of *Change of Heart* and *C/O Your Health* newsletters.

Yes, Send me <i>Heart</i> newsletters	ck all that apply) FREE <i>Change of</i> d: October 7, 2002		
Yes, Send me FREE <i>C/O Your Health</i> newsletters.  First issues mailed: October 15, 2002  Name:  Daytime Phone:			
		Address:	
		City	State Zip
My blood choleste	erol is:		
Approximate date test:	e of last cholesterol		

Office use only

Date received: